

Health Tips

Knowing your family's health history can be an important factor in your own health.

Talk to family members and keep a record, or help provide one for younger members of your family.



!(date) !(time)



Tuesday 2

1-5

Health Tips

Diabetics are prone to infections and nerve or circulation problems in their feet. If you are diabetic, check your feet daily for any changes, and have a doctor's exam yearly.



!(date) !(time)



Wednesday 1

1-6

Health Tips

Calcium is the key to keeping your bones strong and healthy. Low-fat milk, cheese, yogurt, broccoli and salmon are excellent sources of calcium and can be a delicious part of a balanced diet.



!(date) !(time)



Wednesday 2

1-7

Health Tips

Besides keeping you physically fit and managing your weight, daily walks can help you sleep better, too. Walking loosens tight muscles and reduces stress and anxiety, which promote longer, deeper sleep periods - and more restful sleep means better overall health.

!(time)



Thursday 1

1-8

Health Tips

Simple activities, such as reading a book, doing a daily crossword puzzle, taking up a new hobby, or even learning a new language can keep your mind active and your memory sharp. Don't be afraid to try new things—the more you challenge and engage your brain, the healthier it will be!

!(time)



Thursday 2

1-9

Health Tips

Don't forget your sunglasses! Wearing sunglasses is the best way to prevent sun damage to your eyes. Choose sunglasses with 99 to 100 percent UV protection, and are dark enough to reduce glare, but not so dark that colors are distorted.

!(time)



Friday 1

1-10

Health Tips

A "prudent" diet is what health experts call a diet rich in fruits, veggies, legumes, poultry, fish and whole grains. A recent study found that those who are "prudent" are 25% less likely to develop heart disease.



!(date) !(time)



Friday 2

1-11

Health Tips

Although chest pain or tightness, shortness of breath and pain in the arm can signal a heart attack, women's symptoms can also include nausea, fatigue and dizziness.



!(date) !(time)



Saturday 1

1-12

Health Tips

Low-fat foods can be great if you are watching your weight, but beware: low-fat does not always mean lower in calories. Many people tend to overindulge in low-fat foods, believing it won't pack on the pounds.



!(date) !(time)



Saturday 2

1-13

Health Tips

Annual physical examinations are an important aspect of staying healthy. Schedule your annual exam for the month of your birthday, so you don't forget.



!(date) !(time)



Sunday 1

1-14

Health Tips

A salad sounds great, but all the high-calorie extras can add on the pounds! Opt for low-fat or fat-free dressings, and keep the extras, like cheese and bacon bits, to a minimum.



!(date) !(time)



Sunday 2

1-15

Next:

Visual Word Game

!(date) !(time)



START-VISUAL GAME

1-1